

Lunch:

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day	Whole grain spaghetti Turkey meatballs Green beans Apples	Mac & Cheese (wheat pasta) Broccoli Melon	Chicken nuggets Sweet potato fries Peas Carrots Whole wheat roll	Turkey and cheese sandwich (whole grain bread) Cabbage slaw Cherry tomatoes
Turkey Meatballs Brown rice Broccoli Cauliflower	Baked ziti (whole grain pasta, turkey meat sauce) Mixed vegetables Orange slices	Hamburger (wheat bun) Sweet potato fries (baked) Broccoli	Chicken Parm Whole wheat Bread Peas Carrots	Pizza Salad Fruit cocktail
Chicken Brown rice Sweet Peppers Broccoli	Grilled Cheese (whole wheat bread) Tomato Soup Green Beans	Barbecue chicken Brown rice Carrots Peas	Chicken Alfredo Whole grain pasta Broccoli Tomato	Macaroni and cheese (Whole grain pasta) Green beans Watermelon
Chicken nuggets Sweet potato fries (baked) Peas Carrots Whole wheat roll	Hot dog Wheat bun Carrots Apple slices	Meatloaf Mashed potatoes Carrots Corn	Spaghetti (Whole grain pasta) Meat sauce Green beans Apples	Pizza Salad Fruit cocktail

*Milk served with all meals

Whole Milk for 1yo

1% lowfat milk for 2yo and up (6oz servings)